

# Surviving Spring Allergies

Use these tips to manage spring allergy symptoms

## Block Wind



Use a scarf or mask on windy days

## Garden Carefully



Avoid direct exposure to fertilizers and pesticides



Do not mow the lawn (have someone mow it for you)



Stay away from moist piles of leaves and branches (possible molds)

## Cool Wisely



Use an air conditioner



Do not use window or attic fans



Avoid humidifiers and evaporative or swamp coolers, if possible. Maintain and clean. (can cause mold)

## Clean Up



Use a saline nasal wash



Change clothes and wash or shower away pollen

## Take Medication



Consistently take doctor-recommended medicines and treatments

## Count Pollens



Keep doors and windows closed at home or in the car during pollen season (especially when pollen counts are high)



Stay inside during afternoons and evenings when pollen levels are highest



\*Some molds can grow year-round, depending on climate.

You can live an active life with allergies. Call your doctor for help identifying your allergies or managing your symptoms.  
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